

Confident Carers - Cooperative Kids

**A Parenting Program for Parents
& Carers Raising 3-11 year old
Children with Problem Behaviours.**

Hope - Direction - Understanding - Confidence

The Confident Carers - Cooperative Kids (CCCK) program helps parents to feel more confident, and to create more positive and cooperative relationships with their children.

Problem behaviours are shown by most, if not all, children from time-to-time. Children often express their feelings through their behaviour. Some children display more severe problem behaviours that significantly interfere with how they get along with their family, friends and schoolwork.

Common Problem Behaviours Include:

- Losing temper easily;
- Arguing with adults;
- Disobedience;
- Deliberately annoying others;
- Blaming others for own mistakes;
- Being easily annoyed by others;
- Holding grudges;
- Saying hurtful things.

CCCK Helps Parents and Carers to:

- Get back in touch with what is most important in the relationship with their child;
- Tune into their child's individual temperament and needs;
- Strengthen the parent-child relationship.

Fine-tune Responses to their Child's Behaviour through the use of;

- Mindful play, positive engagement and other activities;
- Effective praise & rewards when reinforcing appropriate behaviour;
- Effective instructions and household rules and routines when setting necessary limits on behaviour;
- Use preventative strategies (e.g. planning ahead, ignoring & managing emotions) that limit the causes of misbehaviour;
- Consistent responses to misbehaviour.



General Program Details:

- For parents/carers of children aged 3-11 years old;
- The program runs for nine weeks (2 hours each week);
- Groups are run four times a year;
- Groups are usually held on a Thursday evening;
- Parents/Carers are expected to attend the entire program;
- Children do not attend the program;
- Childcare is not provided;
- The cost of the program is \$120 per family (standard), \$60 (concession).

What to do Next:

Parents concerned about their child's behaviour can contact Northfields Psychology Clinic directly to place their child's name on the wait list in preparation for a pre group assessment. The assessment will determine the appropriateness of the **CCCK Program**.

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